There is a great diversity present at Colorado State University; approximately 1,400 international students from more than 85 countries attend the university. The total student population (30,450 people) includes the employees who are also attending CSU. The diversity can be seen in the students’ ethnicities: Asian 12%, Black 13%, Hawaiian/Pacific Islander 1%, Hispanic 53%, Native American 3%, and Multi-Racial 18%. To recognize the differences, CSU just celebrated a “World Unity Fair” (for more information, see page 2).

With all this diversity, winter celebrations are full of variation. Individual celebrations often depend on their culture, religion, and ethnicity. It is important at this time of year to remember to be polite in conversation, and recognize that not all individuals celebrate the traditional Christmas Holiday. We need to remember that as a diverse campus, we need to meet the needs of many.

My traditions include the traditional Christmas (Catholic) celebrations, but I enjoy sharing and celebrating other customs and celebrations. I was born in Trinidad, Colorado; I grew up with the Christmas tree and Midnight Mass (a traditional Catholic Church mass to celebrate the birth of Jesus Christ). When we got our Christmas presents varied, some years after Midnight Mass, we would open one present have hot chocolate and cookies and then go to bed whereas, other years, we opened a present before church and when we got home we would have a snack and then go to bed (to anxiously await Santa’s arrival). I have vivid memories of staring out my window for hours, waiting. As I got older, I would wait for my parents to fall asleep and sneek out to open the presents before everyone else (rewrapping them to avoid detection). It makes me laugh to remember how no one knew but me in the morning. Even to this day, I am very good at recycling wrapping paper!

Above all: Happy Holiday’s however you celebrate. Peace, health & happiness to you & yours.

Graduate Watch

There are four hundred and twelve self identified Latino(a)/Hispanic graduate students attending CSU. Not all are physically on campus. Some students are attending through our online programs. In an effort to provide a community of support, a graduate student group was formed. On October 25, 2011, the group gathered to share a meal at Incas Restaurant. There, an official name was chosen for the group: “Todos Juntos” which means ‘all of us together.’ It has been an exciting process to engage with students on campus and across the country to let them know they are not alone on this journey and that we are here to provide resources where we can. The group decided to meet using Doodle; Thursday evenings at 7pm seems the best time for group gatherings. For more information about this group please contact Phyllis Chacon <pcjustice@gmail.com>. 
Recap: World Unity Fair

Colorado State University holds a special “World Unity Fair” annually to honor the cultures from around the world, in an effort to show the community the wonders of other cultures. Each campus organizations that participates, sponsors a specific nation; they present events, foods, and knowledge about that nation.

The World Unity Fair was held, this year, on Saturday, November 12. With attendance shooting into the hundreds, the 2011 World Unity Fair is estimated to be one of the more popular events of this year; it was very successful! There was a wide variety of countries that were represented; for example: Puerto Rico, Mexico, China, Iran, Russia, Pakistan, Thailand, and many, many more.

Many children were present, and they seemed to enjoy the various events held for the World Unity Fair Children’s Tour. To keep the World Unity Fair family friendly, most of the “nations” held many games and activities designed for children. There were astounding performances were held during the fair, including traditional dances, along with some modern performances. These performances captivated the attendees! In the latter part of the evening, were available for purchase to try food, drinks, and desserts from several booths. This was part of a competition among the represented countries to see which could produce the best tasting food, drink, and dessert. Ticket sales soared through the roof, with sales ranging in the thousands! All things considered, the 2011 World Unity Fair was a big hit for Colorado State University.

El Centro, sponsored the island nation of Puerto Rico. The children’s activity for this country included a paper creation of a native island frog, the Puerto Rican Coquí. Children assembled tongues, eyes, and hands onto a paper bag to create this cute, little frog. Lastly, El Centro produced an amazing Puerto Rican Dessert: flan. El Centro sold over 300 pieces of flan and won the title of the 2011 World Unity Fair Best Dessert. A special thanks for El Centro’s success goes to Rocío Velez and her mother’s flan recipe.

“UNITED WE STAND, DIVIDED WE FALL.”
— AESOP (620-560 B.C.)

Study Tips

Staying on Track, Finishing Strong.

Remember we have great resources right here on campus. Take a few moments to stop by El Centro or look at the calendar to find out the assistance available to you to aid in your success!

EVENTS:

Time Management for Busy Students
Thursday, December 1, 2011, 05:00 PM
Monday/Tuesday workshops in TILT 105; Thursday workshops in Weber 202.

Test-Taking Strategies for Final Exams
Monday, December 5, 2011, 04:00 PM & Tuesday, December 6, 2011, 07:00 PM
Monday/Tuesday workshops in TILT 105

TIPS:

Review notes; rewrite in outline format and/or re-write important points on notecards
Attend all review sessions; Listen to your instructor; what points does she/he keep repeating
Get Clarification; Ask for help understanding information you do not understand! Study with someone who knows the material; actually study ... DON'T just use it as a distraction from studying.
Be good to your body; Sleep gives you a clear mind that will benefit the knowledge sticking. Lack of sleep and chemical enhancement (caffeine) do NOT help your thought process. Chemical aid is merely a delusion; and lack of sleep causes bad chemicals to build up in the brain.

We have the ability to achieve, if we master the necessary goodwill, a common global society blessed with a shared culture of peace that is nourished by the ethnic, national and local diversities that enrich our lives.
— Mahnaz Afkhami
My name is Roberto Rodriguez. I’m, originally, from Denver, CO and both of my parents are from Mexico. My parents always encouraged me to pursue a college education. My path was not always easy, high school was plagued with personal issues. Thanks to JROTC and my mentor (provided by Goodwill Industries of Denver), I persevered when others thought I would fail. I graduated high school and entered Colorado State University. My first two years at CSU were spent with the Army ROTC program pursuing an officer position in the military. Financial considerations forced me to withdraw from the program after those two years; I had to work 3 jobs to make ends meet. Even with the hardships, I expect to graduate this December 17th! I will receive a Bachelors in Sociology with a concentration in Criminal Justice/Criminology. I am now pursuing my career goals of entering the Service once more.

Martha Alvarez
CSU and UADY (Universidad Autonoma de Yucatan) Student Leadership Exchange

Written by Martha Alvarez

As a CSU student, I never thought that I would get the chance to travel to many of the places that I have been to today.

The UADY Leadership Exchange is an amazing opportunity; it is a week-long trip to Merida, Yucatan (Mexico) where students are allowed to learn about the college experience and service learning in a different country. The students from CSU spend 6 days in Merida, learning leadership and service on the UADY campus.

Every year a group of CSU students take part in this exchange; a group of students from Mexico have the same experience and journey to CSU in the spring. The students are able to participate in a service program, seeing how service works to adapt with communities in different regions of the world.

The UADY service project from last year focused on one of the many Mayan villages in the area of Yucatán. Many of the students returning from the trip said they experienced a new perspective on leadership and service, and a deeper appreciation and understanding of the Spanish culture, language and inspiration.

Students apply through the SLICE office the spring before the trip, and then take part in a hands-on fundraising and community building experiences. This semester, I have been attending planning meetings; this has been an opportunity that allows my input to be included into the many decisions made for our week in Yucatan. For me, meeting Latina students from the University who have not been able to experience higher education in my home country is really exciting and the friendships with many of the associations in UADY are essential for the relationship that CSU has with them.

Overall, the main purpose of the trip is to immerse students from different backgrounds into the Mexican culture and language, highlighting the many positives that the country can have, even in a time of struggle. The trip, ultimately, provides the opportunity to experience something new, create international friendships and experience a culture that for many of us may be familiar and strange.

"A nation, like a person, has a mind - a mind that must be kept informed and alert, that must know itself, that understands the hopes and needs of its neighbors - all the other nations that live within the narrowing circle of the world." (Third Inaugural Address, Monday, January 20, 1941) Franklin Roosevelt, Thirty-Second President of the United States, 1933-1945
Molly Gallegos
Bachelor of Arts in Ethnic Studies and Spanish

A Poem by Molly:  Adelante Adelita

Adelante Adelita
just like your grandmother did durante la revolucion
fighting alongside pancho villa
lista para apoyar las tropas
carrying in one hand a rifle, and in the other tortillas

Adelante Adelita
like your mother once did
durante el movimiento
to help out with la causa
con su bandolera across her shoulders, she braided her hair with pride
she had love for her gente love for la raza
love for what she had inside

Adelante Adelita
because now its your turn mijita
your turn to pick up the rifle and continue with la lucha
hold your head high you have many reasons to be proud
show your love for the people and don’t be afraid to say it loud
Adelante Adelita
now its your turn mijita

Molly Gallegos graduated from CSU in 2007 with a degree in Ethnic Studies and Spanish. While in college she was an active on campus as a member of Lambda Theta Nu Sorority, Inc. as well as in the community as a ‘Promotora de Salud’ for migrant farmworkers. Since graduating college Molly has continued her passion for social justice working as a community organizer for a non-profit committed to creating economic opportunities for all Denver residents. She has also maintained strong ties to her community as a member of Su Teatro, a grassroots Chicano theater company. She has traveled all over the state doing plays that connect the people to their history. Molly is currently pursuing her masters at CU Denver in International Social Justice and hopes to one day travel the world helping communities find their power.

"You don’t get to choose how you’re going to die. Or when. You can only decide how you’re going to live. Now."
Joan Baez

"If you’re outraged at conditions, then you can’t possibly be free or happy until you devote all your time to changing them and do nothing but that. But you can’t change anything if you want to hold onto a good job, a good way of life and avoid sacrifice."
Cesar Chavez

"I change myself, I change the world."
Gloria Anzaldua

"The point is not to pay back kindness but to pass it on."
Julia Alvarez
El Centro Peer Resource Mentoring Program

The El Centro Peer Resource Mentoring program has been in existence since 1985, however, throughout the years the name of the program has changed. The primary objectives of the program are to assist and empower incoming freshman and transfer students with the transition to Colorado State University. More specifically, the El Centro program focuses on assisting incoming Latino/a freshman and transfer students with the transition issues to the University. We do this in part by providing students academic and cultural resources, involvement and leadership opportunities, and mentoring support. The ultimate purpose and goal of the program is to assist Latino/a students to be successful and eventually graduate from Colorado State University. We invite you to take advantage of this program and connect with El Centro.

El Centro Resource Leaders (upperclassmen) will provide you with information on a wide range of areas to include but not limited to: El Centro programs, academic workshops, scholarship information, campus and community resources, leadership and volunteer opportunities and much more. We encourage you to connect with this wonderful program.

The following are the names of El Centro Resource Leaders and their respective Residence hall they work with:

- Marta Alvarez - Westfall & Durward
- Lorraine Arvizó - Summit & Durward
- David Gonzalez - Edwards & Newsome
- Mayra Granados - Corbett
- Ciana Gurule - Corbett & Ingersol
- Karla Lerma-Banda - Braiden & Parmalee
- Lupita Mendoza - Braiden & Parmalee
- Reese Orozco - Transfer students
- Roberto Rodriguez - Academic Village & Allison
- Danny Sanchez - Ingersol hall

For more information on the El Centro Resource Mentoring program, call 970-491-5722. You are welcome to stop by the El Centro office to learn more about this program and how you can benefit as well as contribute to the office.
Efforts to close the Achievement Gap Truinfo began in 1990 with CSU PhD students and CSU undergrad volunteers. Matching Volunteers with students from underserved K-12 Poudre School District. This is a partnership with El Centro and CNS Education and Outreach Center. Tutoring takes place in the experiential learning studios where students have access to computers, printers, robotic sets, probes, a 3-D Fablab, K-5 reading library, and a hands-on Inquiry Zone.

**Community Support:** From the Bohemian Foundation, Google, CSU College of Natural Sciences & El Centro.

**Supporting Services:** Free transportation to & from CSU provided for high-needs primary schools. Nutritious snacks are provided. Special events include visits from Little shop of Physics, 3-D Science Shows, and CSU Lab Tours.

**Place &Time:** Thursdays from 4:00 to 5:30 P.M.

**Important Dates:**
- September 22, 2011—Truinfo Begins
- October 20, 2011—PSD day off no Tutoring
- November 24, 2011—Thanksgiving Break
- December 8, 2011—STEM Carnival/Open House
- Last day of Fall Tutoring
- January 26, 2012—Truinfo Resumes
- March 15, 2012—Spring Break
- April 26, 2012—STEM Carnival/Open House
- Last Day of Spring Tutoring

**Websites:**
- www.truinfo.colostate.edu
- www.cns-eoc.colostate.edu/truinfo.html
- www.elcentro.colostate.edu

**Promoting Equity, Diversity, Recruitment, & Retention**

“Free the child’s potential, and you will transform him into the world.”

~~Maria Montessori~~ (1870–1952) Italian physician, educator, philosopher, humanitarian.
Who are you going to call…….? Stress busters!!
1) Breathing– deep & often
2) Find a quiet space-sitting comfortable
3) Quiet moments-- close your eyes
4) Quiet your thoughts– let them go, empty free flow and focus on your breathing
5) Continue for 5 to 15 minutes

1) Breathing: The Relaxing Breath Exercise
*Sit with your back straight while learning the exercise.
*Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and Keep it there through the entire exercise.
*You will be exhaling through your mouth around your tongue
*Try pursing your lips slightly if this seems awkward.
*Exhale completely through your mouth, making a whoosh sound.
*Close your mouth and inhale quietly through your nose to a metal count of four.
*Hold your breath for a count of seven.
*Exhale completely through your mouth, making a whoosh sound to a count of eight.
*This is one breath.
*Now inhale again and repeat the cycle three more times for a total of four breaths

2) Quiet Space
3) Close your eyes
4) Quiet your thoughts
5) Focus on your breathing the beauty of the natural world.
6) Finding your peace in the moment.
7) Being thankful in the moment.
8) You can do this anytime, anywhere, just close your eyes and breathe.

Reminder to all our visitors: el Centro office is closed from 1:50 to 2:50 every Thursday for our staff meeting. We apologize for any inconvenience this may cause. The Sala remains open.
You can enter from the side entrance.